



## Grade 9 Sample Lesson Plan: Unit 1 – Preventing Injury and Disability

### SOLs

- 9.1.J Identify behaviors that may contribute to intentional and unintentional injuries and result in permanent disabilities.
- 9.2.N Analyze situations involving risk and risky behaviors (e.g. weapons use, impaired driving, swimming, speeding) that may result in permanent disability for self or others.
- 9.2.O Evaluate the long-term consequences of injury (e.g., permanent disability) and disease and describe controllable and uncontrollable risks.
- 9.3.C Develop a personal plan to reduce or prevent injury, substance use, and communicable disease.

### Objectives/Goals

- To have students understand the behaviors that increase injury risk, the preventable nature of injury, and the potential for life long, permanent disability as a result of injury.
- To have students consider how they would reduce their own injury risk.

### Materials

- Video clips – e.g, *Think First Teen*, *Jacqui's Story*, *Jacqui and Reggie Today*, *One Decision*

### Procedure

- Play *Think First Teen* video and *Jacqui's Story* and *Jacqui and Reggie Today* or other videos captured from You Tube for students to set the stage for further conversation . Discuss the behaviors in the video that contributed to intentional and unintentional injury and the great risk of permanent disabilities (e.g., head and spinal cord injury, eye or limb injury)? How has permanent disability changed the lives of those who were injured? What could have been done differently to reduce risk?
- Have a roundtable discussion on , for example, the following four topics: weapons, impaired driving, swimming, speeding . What situations or behaviors would increase risk?
  - How could risk be reduced? What are some aspects of risk that would be within student's control to reduce or increase?

- Play the video *One Decision* and discuss with students how they have much control over their choices about engaging /not engaging in risky behavior and their injury outcomes.
- Assign students a paper in which they describe their personal plan to reduce or prevent injuries associated with driving, swimming, and weapons use. What prevention measures would they take? How would they deal with peer pressure to engage in unsafe behavior?

### Assessment Idea

- Student participation in discussion.
- Student articulation of a plan per assigned paper.

### References

- Think First Teen Video <https://www.youtube.com/watch?v=RJWcOYftedk>
- Think First Foundation Teen Program  
<http://thinkfirst.org/teens> Videos
- Jacqui's story [https://www.youtube.com/watch?v=GtXo\\_usX7Tw](https://www.youtube.com/watch?v=GtXo_usX7Tw)
- Jacqui and Reggie Today <https://www.youtube.com/watch?v=VOobl7xi-Xs>
- One Decision [https://www.youtube.com/watch?v=WWptgB\\_1bco](https://www.youtube.com/watch?v=WWptgB_1bco)

### Handout

The next page includes a handout for the lesson. The handout is designed for print use only.